

Lifespan Respite Care in Texas

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Caregivers in Texas







...most of us are suffocating under the pressure of what's going on because we either don't have time, can't find time, don't have the support, don't know about the support.

Caregiver

<u>Informal Care in Texas</u>, 2009



Caregiving Matters

- Estimated 3.35 million caregivers in Texas at any given time
- Estimated 3.12 billion hours of uncompensated care annually from caregivers estimated economic value of \$35.5 billion.





Caregiving Economic Impact

- About 40 million family caregivers in the U.S.
- Estimated 37 billion hours of care provided to an adult with limitations in daily activities.
- Economic value of their unpaid contributions was approximately \$470 billion.





Who Receives the Care?

On average, caregivers spend 24.4 hours a week providing care:

- Three in five care recipients have a long-term physical condition (59%).
- More than a third have a short-term physical condition (35%) receive care from a combination of family and paid help.
- One in four care recipients has a memory problem (25%).
- Many care recipients have more than one ongoing problem or illness (37%)



Who are Caregivers?

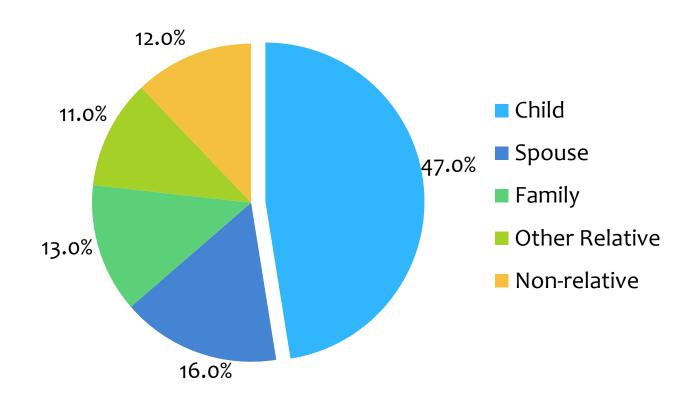
Caregiver Gender				
Male	40%			
Female	60%			
Age of Caregiver				
18 to 34	24%			
35 to 49	23%			
50 to 64	34%			
65 to 74	12%			
75 or older	7%			
Race/Ethnicity of Caregiver				
White	62%			
African American	13%			
Hispanic	17%			
Asian American	6%			
Other	2%			





Who are Caregivers?

Relationship of Caregiver to Care Recipient: Texas 2012



Source: DADS (December 2, 2014). A Profile of Informal Caregiving in Texas: Report to the Texas Legislature.



Who Are Caregivers?

- Caregivers do not identify themselves as "caregivers"
- Caregivers may not understand the term "respite"









What Are Caregiving Tasks?

- Transportation (82%)
- Homemaking (82%)
- Companionship or supervision (81%)
- Healthcare assistance (74%)
- Financial Assistance (70%)
- Personal Care Assistance (63%)





Supporting Caregivers









Support Works

Research shows counseling and support groups, in combination with respite and other services, have positive direct effects on health behavior practices and assist caregivers in remaining in their caregiving role longer, with less stress and greater satisfaction.





Texas Lifespan Respite Care Services







Texas Lifespan Respite Care Program

Established by Texas Legislature in 2009. Goals:

- Increase caregiver awareness of respite care.
- Make it easier for caregivers to find respite.
- Provide caregivers with training and skills.



Texas Lifespan Respite Care Program

Aging and Disability Resource Center (ADRCs) Lifespan Respite Care Program Providers

Contact Information	Counties Served
Central Texas Aging and Disability and Veteran's Resource Center 1-855-937-2372 www.ctarc.org	Bell, Coryell, Lampasas, Hamilton, Milam, Mills, San Saba
Care Connection ADRC 1-855-937-2372 www.careconnection.org	Austin, Brazoria, Chambers, Colorado, Fort Bend, Galveston, Harris, Liberty, Matagorda, Montgomery, Walker, Waller, Wharton
Coastal Bend ADRC 1-855-937-2372 www.coastalbendadrc.org	Aransas, Bee, Brooks, Duval, Jim Wells, Kenedy, Kleberg, Live Oak, Nueces, Refugio, San Patricio
East Texas ADRC (Community Healthcore) 1-855-937-2372 Website: www.etxadrc.org	Anderson, Camp, Cherokee, Gregg, Harrison, Henderson, Marion, Panola, Rains, Rusk, Smith, Upshur, Van Zandt, Woods



Texas Lifespan Respite Care Program

ADRC Emergency Respite Care Program Providers

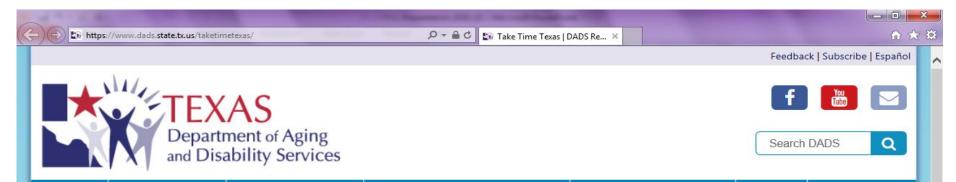
Contact Information	Counties
ADRC of the Capital Area 1-855-937-2372 Website: www.capcog.org/divisions/area-agency-on-aging/ADRC	Bastrop, Blanco, Burnet, Caldwell, Fayette, Hays, Lee, Llano, Travis, Williamson
Aging Disability and Transportation Resource Center of El Paso and Far West Texas 1-855-937-2372 Website: www.projectamistad.org/adtrc/	Brewster, Culberson, El Paso, Hudspeth, Jeff Davis, Presidio
Connect to Care ADRC 1-855-937-2372 Website: www.connecttocaredallas.org	Dallas
North Central Texas ADRC 1-855-937-2372 Website: www.ncadrc.org	Collin, Denton, Ellis, Erath, Hood, Hunt, Johnson, Kaufman, Navarro, Palo Pinto, Parker, Rockwall, Somervell, Wise



Texas Medicaid and Non-Medicaid Respite Resources

- Area agencies on aging
- Department of Aging and Disability
 Services waiver programs:
 - Community living assistance and support services (CLASS)
 - ➤ Home and community-based services (HCBS)
 - Texas home living (TxHmL)
- Deaf blind with multiple disabilities (DBMD)
- STAR+PLUS home and community-based waivers
- Programs of all-inclusive care for the elderly (PACE)

- U.S. Veterans Administration
- Department of State Health Services
 (DSHS) waiver programs
- YES (Youth Empowerment Services)
- DSHS, Children with Special Health Care Needs Program
- Department of Assistive and Rehabilitative Services, Early Childhood Intervention Program



Home

Doing Business with DADS

Forms & Handbooks

Links

Contact Us

Take Time Texas

About DADS





Take time for yourself so you can be a better family caregiver.

We all have many roles — mother, father, son, daughter, brother, sister, friend. But one of the most important is caring for a loved one who is older or who has a disability. We call these people "caregivers."

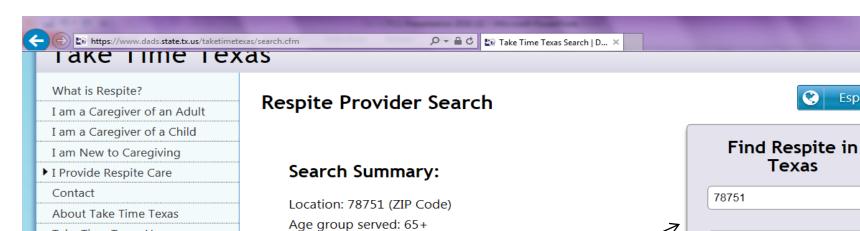
Help for Texans

Caring for another person is hard work. And all caregivers deserve a break, which also is called respite.

Taking time for yourself is not selfish — it is necessary so you can keep being the best caregiver you can be.

Sometimes it's hard to find someone or even trust them to take over for a few hours while you take a break; Take Time Texas can help. We maintain a searchable list of respite providers across the state.





Respite care type: Personal Care



Take Time Texas Home

Your search returned 2 providers located in 78751.

Enter

information

Provider	Address +	City ÷	ZIP Cod ∉	Phone +
Caring Senior Service of Central Texas	5555 N. Lamar, Ste. K100	Austin	78751	512-310-2273
Right at Home	5555 N. Lamar, Ste. J-107	Austin	78751	512-465-9900

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Español

~

65+

Personal Care

Search

Other providers located in Austin

Provider ÷	Address +	City +	ZIP Cod∉	Phone +
Girling Health Care, Inc.	1703 W. 5th Street, Suite 700A	Austin	78703	512-338-7955





taketime.texas@dads.state.tx.us